

MATRIX SYSTEMS™

High Intensity Body Part Specialization Workouts

Frontal Muscle Anatomy



Back Muscle Anatomy



MANUFACTURED IN THE UNITED STATES

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Note:

Before beginning any exercise schedule, gets your doctor’s approval indicating that you will be able to withstand the stress of a weight-lifting program.

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Muscle Specialization Training

Everyone has some weak point in their physique, a lagging body part that refuses to respond to our regular workouts.

When working on rapid growth for a specific muscle, you can't just do the same old workout routines that you have been doing.

Albert Einstein once said, "doing the same thing over and over again and expecting different results, is insanity".

Ok, so you need a totally different approach to bring up lagging muscle groups, you need to use muscle specialization training.

Here are a few rules that will help you when using a body part specialization workout program:

- 1) Work your weakest body part first in your workout when your energy levels are highest. Let's say you have small calves, rather than doing a few sets of calf work at the end of your workout, blast your calves when you first get to the gym before you do anything else.
- 2) Increase both the volume and intensity you use on your lagging body part. Most people do a lot of work for their favorite muscle groups such as arms and chest but then do a few lazy sets as an afterthought for muscles like back, calves, etc. Instead of this you should add more sets and exercises and work them as hard as you can.
- 3) Work a lagging body part more often. Most people these days work a muscle group only once a week, but if want to bring up a weak muscle you will have to train it 2 to 3 times a week for a few weeks or so.
- 4) Conserve your energy. You can't expect your body to give you super fast muscle growth in all body parts all the time, so the best thing when using muscle specialization training is to reduce the intensity, volume and frequency of your other body part workouts to just enough to maintain their current size. Then when you have added size to the weaker muscle group you can go back to working everything hard again.

High Intensity Arm Workout

Biceps

Barbell Curl for 8 to 12 reps

With no rest do Palm Up Chins or Pulldowns for 6 to 10 reps

Rest for 2 minutes and do

Preacher curls for 8 to 12 reps

Triceps

Triceps Pushdowns for 8 to 12 reps

With no rest do Dips for 6 to 10 reps

Rest for 2 minutes and do

Lying Triceps Extensions for 8 to 12 reps

Week 1 do 1 set each

Week 2 do 2 sets each

Week 3 do 3 sets each

Weeks 4 & 5 do 1 set each

Do this workout 2 to 3 times a week, for example Mondays and Thursdays or Mondays, Wednesdays and Fridays.

High Intensity Back Workout

Barbell or Machine Pullover for 8 to 12 reps
With no rest do Barbell Rows for 6 to 10 reps
Rest for 2 minutes and do
Close Grip Palm Up Pulldowns for 8 to 12 reps
Rest for 2 minutes and do
Barbell Shrugs for 8 to 12 reps
With no rest do Upright Rows for 6 to 10 reps

Week 1 do 1 set each
Week 2 do 2 sets each
Week 3 do 3 sets each
Weeks 4 & 5 do 1 set each

Do this workout 2 to 3 times a week, for example Mondays and Thursdays or Mondays, Wednesdays and Fridays.

High Intensity Chest Workout

Pec Deck or Dumbbell Flyes for 8 to 12 reps
With no rest do Incline Bench Press for 6 to 10 reps
Rest for 2 minutes and do
Dips for 8 to 12 reps

Week 1 do 1 set each
Week 2 do 2 sets each
Week 3 do 3 sets each
Weeks 4 & 5 do 1 set each

Do this workout 2 to 3 times a week, for example Mondays and Thursdays or Mondays, Wednesdays and Fridays.

High Intensity Leg Workout

Leg Extensions for 8 to 12 reps
With no rest do Leg Press for 6 to 10 reps
Rest for 2 minutes and do
Barbell Squat for 8 to 12 reps
Rest for 1 minute and do
Leg Curls for 8 to 12 reps
Rest for 1 minute and do
Standing Calf Raise for 12 to 15 reps
Rest for 1 minute and do
Seated Calf Raise for 12 to 15 reps

Week 1 do 1 set each
Week 2 do 2 sets each
Week 3 do 3 sets each
Weeks 4 & 5 do 1 set each

Do this workout 2 to 3 times a week, for example Mondays and Thursdays or Mondays, Wednesdays and Fridays.

High Intensity Shoulder Workout

Dumbbell Lateral Raise for 8 to 12 reps

With no rest do Barbell Press Over Head for 6 to 10 reps

Rest for 2 minutes and do

Bent Over Dumbbell Rear Lateral Raise for 8 to 12 reps

Week 1 do 1 set each

Week 2 do 2 sets each

Week 3 do 3 sets each

Weeks 4 & 5 do 1 set each

Do this workout 2 to 3 times a week, for example Mondays and Thursdays or Mondays, Wednesdays and Fridays.

Train hard and smart!

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